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JERRY SEINFELD TALKS COFFEE, AMBIDEXTERITY AND THAT PESKY SECOND BUTTON DURING ANOTHER REDDIT 'ASK ME ANYTHING' PAGE 9

Not only love can move mountains

Apparently money can, too, as the Bank of Canada recognizes its $10 bank-note error PAGE 4

Here comes the sun, little darlin' ... so be careful!

Everything you should know about sun safety PAGE 11

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MARCHING FOR PEACE IN GAZA

Around 200 pro-Palestinian protestors marched through downtown Winnipeg on Monday morning following a rally at the Manitoba Legislature calling for an end to the violence in Gaza. For more coverage of the conflict, see page 3. SHANE GIBSON/METRO

Killer laughs as family sobs at murder trial

'This is serious business.' Traigo Andretti scolded by judge during hearing as accused tries to plead guilty to 2006 murder of Manitoba woman

A man accused of killing a Manitoba woman eight years ago laughed in front of the victim's family as he tried to plead guilty to second-degree murder Monday.

Traigo Andretti is already serving a life sentence for killing and dismembering his wife in British Columbia. He was charged in the Winnipeg murder while in jail in B.C. and was brought to the city in June to face charges of killing Myrna Letandre in 2006.

Andretti, 38, tried to plead guilty last month but was given a month to reconsider hiring a lawyer. On Monday, Andretti told Judge Tim Preston he understands the case against him and said, "I'll be pleading guilty."

The judge would not accept Andretti's plea as it was not before the proper court. He is scheduled to formally enter a plea Sept. 10. Crown attorney Sheila Leinburd said she rejected Andretti's earlier attempt to plead guilty but, if he chooses to plead guilty in September, it would be accepted by the Crown.

Letandre's sister sobbed, with her head in her hands, as Andretti smirked and laughed while his case was discussed.

"This is serious business," Preston said to him. "I know you're laughing. I'm not quite sure why. It's serious business, so that's why I'm suggesting you should speak to a lawyer. If you don't, that's your choice."

Relatives in court Monday said they were too shaken to talk but handed out a statement saying Letandre was a loving woman who had "dreams and hopes for the future." THE CANADIAN PRESS

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104,859. Fringe Fest sets another attendance record

The Winnipeg Fringe Festival has once again broken its own attendance record.

The festival saw daily attendance records set for six of its 12 days, and after all was said and done, attendance for the entire event was estimated at 104,859, up from last year's best of 101,488.

"It's tremendously exciting to experience another record-setting year at the Fringe," said executive producer Chuck McEwen in a release Monday. "The calibre of the performers and their productions were exceptional, and it's their artistic talent that continues to help in growing the festival year after year."

The festival had 195 sellouts this year and brought in $761,522 in box office revenue. METRO

Crime. Man's death after fire deemed homicide

A man is dead after a fire at the Holiday Towers highrise on Hargrave Street on Saturday, and police are calling it a homicide.

Police said they were called to a suite at about 5:40 a.m. Emergency personnel put out a small fire and found a man suffering from upper-body injuries. He was taken to hospital but later died.

The small fire caused about $10,000 in damage to the suite, said police. The man's name has not been released pending notification of next of kin.

This is not the first death at the Holiday Towers to catch police attention this year. In June a man was found dead in his suite, and the death was called suspicious.

No arrests have been made in either case. METRO

Better PTSD aid urged

Mental health. Head of city's firefighter union one of many advocating for ailing first responders

Alex Forrest clearly remembers what happened to a fellow firefighter who was traumatized by the deaths of two captains in a house fire.

It was two months after the Winnipeg blaze in 2007 that killed Tom Nichols and Harold Lessard, and Forrest knew his colleague was having a hard time coping.

"I checked up on him, and he had killed himself in a garage, and he was holding the pamphlet from the memorial," recalled Forrest, head of the Winnipeg firefighters union, last week.

"Many of the firefighters are still suffering the effects of that fire."

Forrest is one of many emergency responders across the country, including police officers and ambulance crews, who are fighting for better treatment for post-traumatic stress disorder.

British Columbia and Alberta have recently changed worker compensation laws to make PTSD a presumptive condition. That means emergency responders suffering from the disorder will be presumed to have it as a direct result of their jobs, making it easier to qualify for compensation and treatment.

The Ontario government has reintroduced a similar bill in the legislature, and Manitoba appears ready to follow suit. Labour Minister Erna Braun has discussed the issue with the firefighters union, and a report from the province's Workers' Compensation Board is expected this fall.

THE CANADIAN PRESS

By the numbers

10%

A 2012 study by psychiatric researchers in Brazil estimated that, worldwide, 10 per cent of emergency responders suffer from PTSD.

Alex Forrest, head of the Winnipeg firefighters union, is among those who want better treatment for post-traumatic stress disorder. SHANE GIBSON/METRO

Resolution

Pendant with boy's ashes returned

The parents of a nine-year-old boy killed in a plane crash in 2013 say they are thankful someone returned a stolen cross necklace that holds the ashes of their child.

David and Crystal Pentecost moved to Edmonton from Manitoba three weeks ago.

Earlier this month a man broke into their truck and stole the necklace and loose change.

The necklace is a cremation pendant, which contains Dawson Pentecost's remains in a cross with five crystals and hangs on a silver chain.

Police say someone who wishes to remain anonymous turned in the pendant. THE CANADIAN PRESS

Election

Candidate wants task force for OurWinnipeg plan

Mayoral candidate Judy Wasylycia-Leis promised on Monday to make sure OurWinnipeg, the city's major planning directive, is actually followed.

"OurWinnipeg is a good plan that has gathered dust because the interests of a few well-connected developers have been put ahead of the public interest," she said in a press release.

She said she would appoint a task force within the first 100 days of being elected with a mandate to make sure the plan is followed. The task force would be made up of community planning experts, she said. METRO

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Israeli military warns Hamas: 'What is coming will be worse'

Gaza crisis. Israeli PM says his country needs to be 'ready for a prolonged campaign' as attacks from both sides mount

Relatives help Hazem Eshbair, who lost two of his children in an explosion at a park at Shati refugee camp in the northern Gaza Strip on Monday. Israeli and Palestinian authorities traded blame over the attack that also claimed eight others, and fighting raged on despite a major Muslim holiday. ADEL HANA/THE ASSOCIATED PRESS

Israel's prime minister warned Monday that the country faced a prolonged campaign against Hamas in the Gaza Strip, as the military urged residents in parts of the embattled territory to evacuate ahead of what appeared to be a broadening of the three-week war.

"What is coming will be worse," the Israeli military said in phone messages targeting Gaza militants.

Israeli leaders have been mulling whether to expand the assault against Hamas in Gaza or respond to international calls for a truce.

The international community has so far been unable to bring about a ceasefire that would end the fighting, which has already killed at least 1,072 Palestinians, 52 Israeli soldiers and three civilians on the Israeli side.

But with attacks mounting from both sides Monday, and Israel and Hamas far apart on terms for a truce, a ceasefire appeared elusive.

"We need to be ready for a prolonged campaign," Israeli Prime Minister Benjamin Netanyahu said. "We will continue to act aggressively and responsibly until the mission is completed to protect our citizens, soldiers and children."

Hamas spokesman Sami Abu Zuhri struck a defiant tone in response to Netanyahu's warnings.

"His threats do not scare Hamas or the Palestinian people, and the occupation will pay the price for the massacres against civilians and children," he said.

THE ASSOCIATED PRESS

Quoted

"God help us. We have nothing to do but pray."

Jabaliya resident Sufian Abed Rabo, who said his family of 17 has taken refuge underneath the stairway in the building of their home, which they rebuilt after it sustained damage during the 2009 war in Gaza

Internal Finance Department memo warns of Bitcoin's illicit potential

The high level of anonymity and lack of regulation associated with Bitcoin transactions may make the virtual currency "an attractive payment method for criminals," warns a newly disclosed Finance Department memo.

The internal memo, prepared for former finance minister Jim Flaherty, says while the degree of criminal activity involving Bitcoin is unclear, some have raised flags about its potential to fund illicit behaviour.

Bitcoin is a digital currency exchanged through computer transactions without the oversight of a central bank.

Users can install a Bitcoin wallet on their computer or mobile phone, which will generate a special address to which others can send payments.

"With the press of a computer button, you've transferred the value," said Christine Duhaime, a lawyer and certified financial-crime and anti-money-laundering specialist.

Transactions are sent to a public network for verification. As the memo to Flaherty notes, although both parties' Bitcoin and Internet Protocol, or IP, addresses are transmitted to the public network, no additional information is provided about either user.

Various Bitcoin exchange services allow users to convert local currency into bitcoins, or vice versa.

"Virtual currencies such as Bitcoin have been criticized for their potential to fund illicit activity, such as money laundering and terrorist financing," the memo to Flaherty says.

THE CANADIAN PRESS

China

Police take down church's cross amid crackdown

Hundreds of police took down a church's cross on Monday in a city known as "China's Jerusalem" for its many houses of worship amid a crackdown on church buildings in a region where thousands are embracing Christianity.

Evangelist Qu Linuo said police used a crane to remove the three-metre-tall cross. THE ASSOCIATED PRESS

Pakistan

Mob burns down Ahmadi homes over allegations of blasphemy

A Pakistani mob burned down homes belonging to the minority Ahmadi sect, killing a woman and her two granddaughters in riots following rumours about blasphemous postings on Facebook, police said Monday. The victims died of suffocation, police said.

THE ASSOCIATED PRESS

What the heck is Corey's? Where PROBLEMS Find SOLUTIONS!

I arrived at the office this morning to a scene of beeping computers, upset employees, and weird messages scrolling across our computer screens. The only thing I understood is that we had lost all access to our data from a virus attack. We could either pay criminals a huge ransom within the next 72 hours or watch as our business data was destroyed. I was bewildered how this could happen, I thought I had paid for antivirus protection. My Employees were starting to worry, and creating horrible rumors. I was just as confused as they were, I didn't know enough about what was going on to calm them down. What I did know is that if all our company data was lost we would be forced to close our doors. Thankfully we chose Corey's as our service provider, and they were able to restore all our files and in a matter of hours we were back up and running. Corey's really saved my bacon, thank goodness! From now on Corey's is my first line of defense when it comes to ALL our IT needs.

P.S. I lost six pounds that day, and it's time for a big lunch. Thanks for listening to my story!

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TRANSIT TUESDAY

Weekly Transit News Update

GOING TO THE BOMBER GAME?

Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bombers home game. Regular fares apply when going to the game. After the game, all regular and extra service buses will be lined up on Chancellor Matheson heading west towards Pembina. There will be no charge to passengers for these post-game routes, as fares will be covered by the Winnipeg football club. Visit winnipegtransit.com for complete transit route and schedule information. Don't forget, there are eight Park & Rides locations throughout the city for non-stop service to and from Investors Group Field. This service is operated by First Student Canada. Visit bluebombers.com for more details.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald), is now open. Service hours are Monday to Friday, from 8:30 a.m. to 4:30 p.m.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit Winnipeg Transit's Lost Property Office at Winnipeg Transit's Downtown Service Centre in Winnipeg Square.

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Try DART, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pickup from your home to or from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information

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Are you interested in permanent employment as a bus operator? Winnipeg Transit is looking for eight to 12 Aboriginal youths to attend a fully paid, six-week training program. If you are an Aboriginal youth, 18 to 30 years of age, hold a valid Class 5 driver's licence and would like a stable and rewarding career with great benefits, visit winnipegtransit.com and submit your application on or before July 31.

Bank of Canada recognizes mountainous $10 bill error

Mount Edith Cavell.
One of the peaks misidentified by the bank's website

Ryerson University professor Hitesh Doshi with a $10 Canadian bank note in Mississauga, Ont., on Monday. Doshi found an error regarding a mountain that adorns one of Canada's new plastic bank notes. NATHAN DENETTE/THE CANADIAN PRESS

The Bank of Canada is making a molehill out of a mountain.

The central bank had claimed that its new plastic $10 bank notes included an image of majestic Mount Edith Cavell, a prominent peak in the Canadian Rockies south of Jasper, Alta.

But a sharp-eyed professor in Toronto, who had hiked the mountain with his family, thought something was amiss when the image matched neither his memory nor his photos.

Hitesh Doshi contacted the Bank of Canada by email last November, shortly after the new $10 notes were released. He kept getting the runaround until last week.

That's when the central bank quietly changed its website, removing Mount Edith Cavell and several other peaks from its official description of the back of the $10 bank note, replacing them with some other peaks.

It also sent Doshi a short email, finally acknowledging the error.

"One of the memorable things for me in Alberta was visiting (Mount) Edith Cavell," he said of a trip with his family.

But when he later examined the $10 bank note, "the peak was not there," said Doshi, a professor of architecture at Ryerson University and a new Canadian. "That's where the whole thing started." THE CANADIAN PRESS

North Korea pushes Wonsan as prime tourist destination

Where do you go in North Korea if you're in the mood for a barbecue by the beach, maybe some pier-side fishing or a dip in the ocean?

For many North Korean vacationers, that place has long been the sleepy port city of Wonsan, which is now the focus of one of North Korean leader Kim Jong Un's most talked-about pet projects — a campaign to transform the country into a haven for tourism.

That may seem far-fetched, since international sanctions over North Korea's nuclear weapons program have severely limited trade, and infrastructure and security restrictions make travel in the country difficult. For now, most beachgoers in Wonsan are locals: honeymooners, families with small children or college students taking a break from their studies.

But North Korea is targeting places like Wonsan for development projects — its new luxury ski resort at Masik Pass is just a short drive away — by creating special tourism zones across the country to accommodate foreign guests.

If that plan succeeds, Wonsan could see busier days.

With the summer season just beginning, Chinese tourists — who because of their country's generally friendly relations are the main target of North Korea's campaign — are already starting to flow in.

And although Japanese tourism is still probably a long way off, relations with Japan — once a major source of trade and tourism via a ferry link with Wonsan — have also recently started to improve. THE ASSOCIATED PRESS

North Korean women talk over pots of burning charcoal, used for cooking seafood, on a pier leading to Jangdok Island at dusk on Monday. WONG MAYE-E/THE ASSOCIATED PRESS

'Direct connection'

Palin launches online channel

Sarah Palin has started her own subscription-based online network.

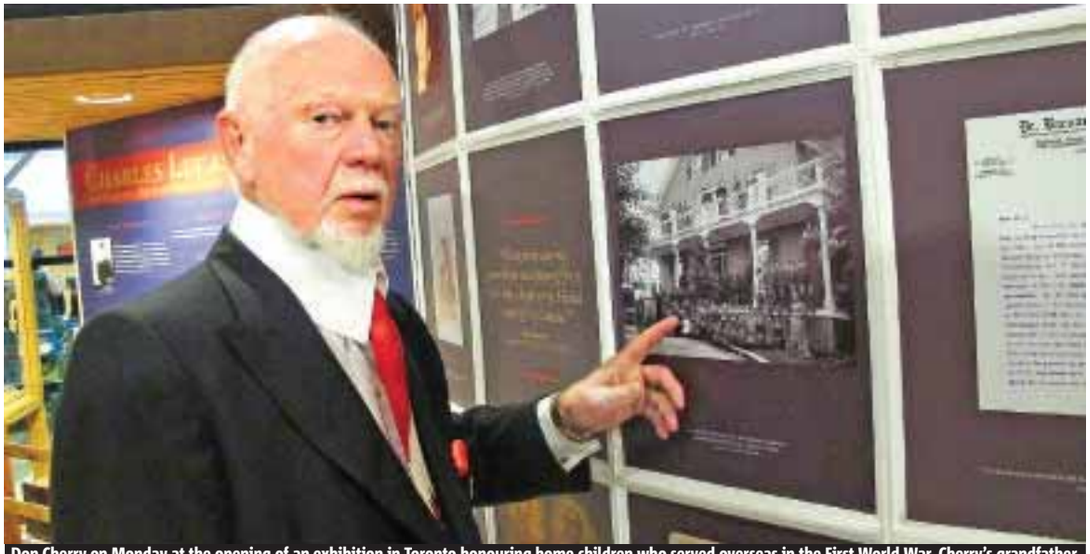
The Sarah Palin Channel, which went live on Sunday, bills itself as a "direct connection" between the former Alaska governor and GOP vice-presidential candidate and her supporters, with "no need to please the powers-that-be," Palin says in a video statement on her channel's home page.

"Are you tired of the media filters?" she asks. "Well, I am. I always have been. So we're gonna do something about it."

"We'll talk about the issues that the mainstream media won't talk about," she adds.

THE ASSOCIATED PRESS

Former Alaska governor Sarah Palin. THE ASSOCIATED PRESS



Don Cherry on Monday at the opening of an exhibition in Toronto honouring home children who served overseas in the First World War. Cherry's grandfather was a home child and a veteran. COLIN PERKEL/THE ASSOCIATED PRESS

Don Cherry helps honour British home children

Personal connection. The TV personality's grandfather was one of thousands shipped to Canada to work as indentured farm hands

Television personality Don Cherry lent his support Monday to a ceremony honouring the First World War service of British home children, a group that formed a little-known chapter of Canadian history.

The commemorative ceremony and exhibition, titled Breaking the Silence: Stories of the British Home Children at Black Creek Pioneer Village, aims to change the often overlooked contribution and sacrifice to the war effort made by the home children.

About 118,000 British children — one was Cherry's maternal grandfather and war veteran, Richard Palamountain — were shipped to Canada between 1869 and 1948 to work as indentured farm hands and domestic servants.

The abuses many suffered in Canada were horrific. One of them, Arthur Clarkson, who arrived as a nine-year-old, was horse-whipped and made to live in an unheated barn, almost costing him his frostbitten lower limbs.

"It's really heartbreaking to hear some of the stories. These kids were actually slaves," Cherry said. "They had to sign something for so many years, and most of them didn't know what they were signing."

Almost every one of the home children in Canada at the time — about 10,000 — signed up to serve during the Great War that began 100 years ago, including Cherry's grandfather.

More than 1,000 died in action, most at the bloody battle at Vimy Ridge.

Many had no one to mourn them. Others died without notification to their relatives.

"Most people don't know about it. People say, 'What the heck is that?'" Cherry said. "To tell the truth, I didn't know either." THE CANADIAN PRESS

Commemorating home children

It was only while doing a television show a few years ago that Cherry, now 80, learned of his link to Richard Palamountain, an orphan sent to Quebec at age 12 after his family in the U.K. fell on hard times, and about the home children phenomenon.

- Palamountain somehow transferred to the Royal Military College as a horse groomer, then enlisted as a 31-year-old during the First World War and served at Vimy Ridge before returning to Canada.

Alleged fraud. Judge rules former Quebec Lt.-Gov. not entitled to immunity

The fraud trial of former Quebec lieutenant-governor Lise Thibault will continue after a failed attempt at getting it quashed. A Quebec court judge dismissed two petitions she filed and ruled she is not entitled to royal immunity.

Thibault, who held the provincial vice-regal post between 1997 and 2007, is on trial after being charged with fraud and breach of trust in connection with more than $700,000 in alleged improper expenses.

Thibault's lawyers tried repeatedly to have the case tossed out by arguing that, as the highest representative of the Crown in Quebec, she could not be prosecuted by herself.

In his ruling, Judge Carol St-Cyr said that because all the evidence had not been heard during the trial, he could not grant Thibault's request to halt proceedings.

In another petition, Thibault argued she was not a civil servant and could not be charged with breaching the trust of the federal and Quebec governments. But the judge concluded that Thibault was indeed a public servant because she was appointed to fill a public position. THE CANADIAN PRESS

Former Quebec lieutenant-governor Lise Thibault talks to media as she leaves court on Monday in Quebec City. CLEMENT ALLARD/THE CANADIAN PRESS

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Fist bumps spread fewer germs than handshakes: Report

Bump it — it's safer. Smaller amounts of surface area in contact makes fist bumping more sanitary than handshakes

U.S. President Barack Obama fist bumps a young boy at the White House in 2011. Scan this photo with your Metro News app to see a gallery of President Obama's iconic and germ-conscious fist bumps. CHIP SOMODEVILLA/GETTY IMAGES FILE

When it comes to preventing the spread of germs, maybe the president is on to something with his fondness for fist bumps.

The familiar knocking of knuckles spreads only one-twentieth the amount of bacteria that a handshake does, researchers report. That's better than a high-five, which still passes along less than half the amount as a handshake.

So fist bumps — popularized by U.S. President Barack Obama and others — seem to be the wisest greeting, especially during cold and flu season, said researcher David Whitworth of Aberystwyth University in Wales.

The importance of hand hygiene is nothing new in medicine. But the researchers realized that while a lot of research focused on hands getting germy from touching doorknobs and other surfaces, only a few studies had looked at handshakes.

Whitworth and a student, Sara Mela, shook hands, fist-bumped and high-fived each other dozens of times for the research. One wore a glove covered in bacteria, while the other had a clean sterilized glove. After each greeting, they measured how much bacteria had been transferred.

The smaller amount of surface area in contact makes the fist bump more sanitary, an analysis suggests. The researchers did practice runs with paint to measure how much surface area each form of greeting involved.

THE ASSOCIATED PRESS

#LyleHowe. Live-tweeting in courtroom is a force for good, Nova Scotia judge says

A top Nova Scotia judge says he is surprised at the positive impact live-tweeting inside the courtroom has had after the province's judiciary recently relaxed the rules on Twitter use.

Chief Justice Joseph Kennedy of the Nova Scotia Supreme Court let reporters live-tweet throughout the trial of Lyle Howe, a Halifax lawyer convicted of sexual assault.

"I couldn't get over how well it had worked," Kennedy said in an interview, describing it as the closest thing to gavel-to-gavel coverage he has seen.

"I didn't think it was going to be as accurate as it turned out to be. I have to say that I was very impressed.

"I'd come back (to my office) occasionally and go on the computer after I'd been to the courtroom — I'd tell my colleagues that I used to have to come back here to find out what happened," he joked.

New guidelines governing the use of electronic devices in the courtroom came into effect in Nova Scotia on May 15, allowing communication such as tweeting and texting for any purpose, unless otherwise banned by the presiding judge.

The policy restricts tweeting from youth, mental-health and family courts and does not affect statutory publication bans.

Kennedy says allowing the use of Twitter is part of the legal system's effort to improve access to justice.

"That's not just a matter of making it easier for people to come before the courts from the point of view of expense and time and that kind of thing, but also better communication of what we do," he said.

Kennedy said he intends to introduce video broadcasting of criminal court proceedings, though he added he would likely begin with a sentencing hearing to avoid the risk of negatively impacting witnesses. THE CANADIAN PRESS

Long lines and big crowds pack the Yorkdale Mall in Toronto for Boxing Day shopping in 2012. Malls in big cities across the country are full, with high-end brands continuing to fuel growth, according to CBRE Group research. TORSTAR NEWS SERVICE FILE

Luxury brands still flocking to Canada

Trend. High-end retailers continue to look north, as major malls keep growing to meet the demand

While big-box retailers like Target have struggled to get a foothold in Canadian markets, demand for luxury retailers is strong and fuelling massive expansion projects at shopping malls across the country.

According to research by commercial real-estate company CBRE Group, more luxury retailers are predicted to arrive in Canada, albeit at a more moderate pace compared to the flurry of activity seen in the last three years.

The aftermath of the 2008 financial crisis and recession spurred a boom in retail development, with foreign retailers, primarily American ones, turning their sights to Canada, and construction hasn't kept up with demand.

The top 2%

While stagnant wages, inflation and consumer debt have kept many shoppers just browsing, the appetite of well-heeled shoppers for luxury goods has been healthier.

- "If you're a luxury retailer, you don't care if sales have been growing by one per cent, you're only interested in the top two per cent of the population, and that group's doing fairly well, by and large," says CBRE's Ross Moore.

There is little to no vacancy in highly sought-after shopping centres and neighbourhoods, according to CBRE's head researcher Ross Moore.

"We just don't have empty retail to speak of. (Across the country) malls are generally full. If you're a Spanish or Italian or U.S. retailer, you are going to be put off by that. Supply is the key. Until we build more, that's going to be a challenge."

The study, which measured the number and type of retailers that set up shop in 2013, found that luxury and high-end fashion brands constitute the majority of new arrivals in Canada.

In the cities, where most of Canada's top income earners reside, construction cranes are busy piecing together the new extensions. In Vancouver, the Pacific and Oakridge Centres are getting bigger, adding 578,000 square feet and 373,000 square feet respectively. Calgary's Chinook Centre is expanding (140,000 square feet) as well as Ottawa's Rideau Centre (230,000 square feet).

In Toronto, top-tier malls Yorkdale and Sherway Gardens are simultaneously undergoing multimillion-dollar expansions to accommodate a new anchor tenant, the upscale U.S. department store Nordstrom. THE CANADIAN PRESS

The 65+ set

Medical costs later in life top poll of worries

A new poll suggests that health and medical costs are the biggest financial worry for Canadians later in life.

The Bank of Montreal report found that 74 per cent of those recently polled foresee medical costs as their biggest expense in their senior years.

THE CANADIAN PRESS

Expired meat scandal

U.S. meat supplier says China unit fell short of standards

U.S. meat supplier OSI Group said Monday a Chinese subsidiary embroiled in a safety scandal fell short of its requirements for maintaining high standards.

A Shanghai TV station reported last week that Shanghai Husi Food Co. sold expired beef and chicken to restaurants including McDonald's and KFC.

THE ASSOCIATED PRESS

Market Minute

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Fishing for a new image. Red Lobster wants you to see its seafood differently

Red Lobster wants to be seen as a purveyor of quality seafood, so it's getting rid of some of its promotional discounts and plating dishes higher, as is the style at fancy restaurants.

The changes mark the latest attempt by the struggling seafood chain to stop a years-long sales decline as it embarks on a new era. On Monday, Darden Restaurants Inc. said it finalized its sale of the chain to investment firm Golden Gate Capital, despite contentious protests from activist investors. In his first interview as Red Lobster's new CEO, Kim Lopdrup outlined the missteps he thought his predecessors made and why he thinks Red Lobster can win back customers.

"At the end of the day, people are not going to go a Chipotle for their anniversary or their birthday," he said.

Sit-down chains like Red Lobster have been struggling since the economic downturn as people cut back on spending. Such chains are also losing business to places like Chipotle and Panera, where people feel they can get restaurant-quality food without paying as much. And Darden's recent attempts to spark turnarounds at Red Lobster and Olive Garden haven't worked. THE ASSOCIATED PRESS

What a deal!

$11.99

The push to change perceptions about the quality of Red Lobster's food could be a challenge, given recent promotions in the U.S. like "30 shrimp for $11.99" or a lobster pot pie that had just a half-ounce of lobster meat.

Mmmm, how fancy? Red Lobster's Wood Grilled Tilapia dish features slabs of fish piled over the rice, an architectural presentation common at higher-end restaurants. CONTRIBUTED/THE ASSOCIATED PRESS

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BETA WEDDING BANDS, ANYONE?

SHE SAYS

Jessica Napier
metronews.ca

For those of us in our twenties and thirties, midsummer is the height of wedding season. Even if you haven't been invited to a real-life ceremony, it's impossible to escape the deluge of posed group photos and cutesy couple hashtags that take over Facebook and Instagram feeds every weekend.

Weddings might seem to be ubiquitous on social media, but a new U.S. survey suggests our generation isn't entirely keen on the idea of "till death do you part". Trend researchers recently polled 1,000 Millennials — defined as 18- to 34-year-olds — about their attitudes toward marriage and found that over 40 per cent believe vowing to stay together forever is an outdated tradition that should be abolished.

In the same study, participants were asked about their opinions on a few alternative marital models — because if so many of us think it's time to retire the "for as long as you both shall live" concept, perhaps we need to start making our own rules.

When asked about a variety of hypothetical arrangements, 21 per cent of respondents said they would consider what the researchers dubbed the "Presidential" approach, in which couples would vow to marry for a four-year term and then opt to either stay together or re-elect a new partner. Ten per cent of respondents liked the idea of a "Multiple Partner" model, while 36 per cent of people favoured the "Real Estate" approach — wherein marriage licences would be valid for five-, seven-, 10- or 30-year periods, after which the terms would be renegotiated.

The most popular model offered by the researchers was the tech-inspired "Beta" union, in which marriages would be subject to a trial period, much like a new app or software product. In this scenario, newlyweds would test-run the union for two years in order to work out any kinks or bugs and then choose to proceed with the marriage or dissolve the partnership without any of the nasty consequences of a formal divorce.

Personally I think the concept of beta testing a marriage sounds a lot like living together. Common-law relationships tend to look and feel like a marriage but without the rings, the ceremonial paperwork and the expensive party.

So what can we take from the results of this study?

Are Millennials a generation of unromantic commitment-phobics, or are we justified in reimagining matrimony for the modern age? Monogamous lifelong marriages aren't for everyone, but that doesn't necessarily mean we should reinvent the entire cultural institution. Renewing your vows to solidify your commitment to one another is a romantic gesture, but I certainly don't think anyone would appreciate having to renew their marriage every five years like they would a driver's licence.

Every partnership is unique, and when it comes to governing your relationship it's up to you and your partner to create your own rules.

EID MUBARAK

metro AR

People ride on bumper cars during an Eid celebration in Burgess Park on Monday in London, England. The Muslim holiday Eid marks the end of 30 days of dawn-to-sunset fasting during the holy month of Ramadan. For a photo gallery of Eid celebrations around the world, scan this image with your Metro News app.

DAN KITWOOD/GETTY IMAGES

Fast turns to feast for Muslims around the world, though wars cloud celebrations

Muslims celebrated the first day of the Eid al-Fitr holiday Monday, which marks the end of the monthlong fast of Ramadan. The three-day-long Eid al-Fitr holiday is a time to celebrate the completion of Ramadan, a month devoted to worship and repentance during which observing Muslims abstain from food and water from sunrise to sunset every day.

Muslims in Indonesia, across the Middle East, parts of Africa, Europe and the U.S. marked Eid on Monday. Millions in Morocco, India and most of Pakistan were still fasting Monday and will likely celebrate Eid on Tuesday. That's because Muslims use a lunar calendar and a moon-sighting methodology that can lead to the month of fasting ending on different days.

Turkish President Abdullah Gul reminded people in his Eid message that though Turkey was enjoying a peaceful holiday, many of its neighbours were not. THE ASSOCIATED PRESS

Celebrations and sadness

"We just can't ignore that there are many, many people, not just in Palestine, that simply just can't even have a proper day to rest and mourn their dead."

Iman Eddbali, 26, a Muslim in Qatar, who said that the imam leading prayers in her local mosque urged worshippers to be happy for those who cannot be happy this year

METRO AUGMENTED REALITY

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metro AR

MetroTube

Get inside before you start seeing sharks

ANDREW FIFIELD
andrew.fifield@metronews.ca

Watching skies become smeared with spooky clouds, bracing for a wall of rainfall racing toward you, breaking the oppressive humidity of scorching summer days — there's a lot to be said for taking a moment to enjoy some spectacular weather.

There needs to be some common sense involved, though. For example, if the plastic bags dancing on the breeze are replaced by barbecues, it's time to head inside. The same holds true if the sky sends an explosive bolt of lightning into your neighbourhood — wise advice that would have sent this Tennessee tornado-taper back to the house about 30 seconds earlier. (youtube.com/cfields33)

METRO PHOTO ILLUSTRATION

metro

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You Reddit right: Fans get Q&A with Seinfeld

You ask, he answers. As he promotes his new show, comedian takes to the web to answer fan questions

LISA WEIDENFELD
Metro World News in New York

Jerry Seinfeld returned to the hallowed halls of Reddit to do another Ask Me Anything after doing one last January. He's promoting his new show, Single Shots, which is a spinoff of his current Comedians in Cars Getting Coffee. After assuring one Redditor that "conversations are taking place" regarding getting Seinfeld to Netflix, he got down to the important stuff. Here are some of the more non sequitur highlights. There were a lot of food questions.

I noticed you are left-handed, but in The Understudy episode you threw with your right hand. Ambidextrous?
I am ambidextrous! Good observation.

In Seinfeld, I've noticed the hat behind your computer randomly switches from Mets to Yankees. I know you are a huge Mets fan so I've always wondered the reason for this.
Because Larry David was a Yankees fan, so we kind of would go back & forth.

What is your most memorable scene from Seinfeld that had to be re-shot the most because everybody kept laughing?
When Frank Costanza, George's father, said to Elaine "Do you want a piece of me?" when he thought that she wanted to have a fistfight. That one, we had to do over and over because nobody could stop laughing. Every time Jerry Stiller would say "Do you want a piece of me?" we had to stop.

Jerry Seinfeld won't eat cereal with you, in case you wondered. GETTY IMAGES

Do you have a rule of thumb for where the second button on a shirt should be when you're shopping?
Yes, it shouldn't pull the fabric, and it shouldn't show, you know, more than a certain amount of breastbone. It is a tricky button.

I recently realized that if we don't have milk in our fridge in the morning, on a scale of one to 10, my day only has the potential of reaching a six. What's that one thing for you that curbs how well your day can go?
The quality of the coffee. I didn't really used to drink coffee in the '90s, whenever we would sit in the coffee shop on the show I wouldn't drink coffee, they would put coffee in the cup so it looked like I was drinking it, but I wouldn't drink it. I don't know what changed. But I got into it, in the '90s and I finally figured out why everybody was interested in it, and then I became obsessed with it. There's just — as Duke Ellington famously said — "there's only two kinds of music, good and bad," and it's the same with coffee.

Two of my dreams are to be accosted by Larry David on the street and to eat cereal with you. Which is more likely to happen?
Neither, I think your life will go on as it's been and you will never reach these peaks. My Reddit associate suggests I throw you a bone. I think there's a possibility of that happening. If I had a bone, and I saw you, I would throw it at you.

AUGMENTED REALITY

→ Mmmm, donuts! Scan this photo with your Metro News app to see a video of Jerry Seinfeld, Tina Fey, Brian Regan, and Sarah Silverman chat about this king of snacks.

metro AR → See the full instructions on Metro's Voices page.

DVD review

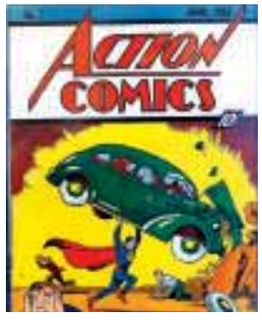
The Other Woman

Director. Nick Cassevetes

Stars. Cameron Diaz, Leslie Mann, Nikolaj Coster Waldau

The main actors — Cameron Diaz, Leslie Mann and Kate Upton on one side, Game of Thrones' Nikolaj Coster-Waldau on the other — all figure they're making a big studio romantic comedy. Director Nick Cassavetes isn't so sure. One moment he's indeed making that studio rom-com, hitting beats with yuks about public drunkenness, projectile bodily fluids, inconvenient pet pooches and smartass secretaries. The next he's drifting along with a serious drama about infidelity that's more in line with the indie film world that Cassavetes (The Notebook, She's So Lovely) hails from. Gawking at this mess does make for an interesting sit, though, much like watching a slow-motion train wreck. And the pairing of Diaz and Mann, both great comic actresses, suggests the two could really click in a better movie written to properly showcase their talents. The Other Woman raises serious issues of how men treat women, and how women react to infidelity that the more serious side of Cassavetes might have profitably explored.
PETER HOWELL

Up and away. First Superman comic bound for eBay



A purportedly pristine copy of the first Superman comic book could fetch millions of dollars when it goes up on eBay. A copy of Action Comics #1, in which the Kryptonian superhero made his debut in 1938, will be offered in an eBay auction that opens on Aug. 14 and runs for 10 days. "This is an extraordinary opportunity to acquire the most valuable comic book in existence," Gene Cook of eBay marketplaces said in a release. AFP

Movies

Guardians already set for sequel

Guardians of the Galaxy is not even out in theatres yet, but Marvel has already announced that the second episode will arrive in 2017. Although it may seem somewhat precipitous, Marvel's announcement at Comic-Con of a Guardians of the Galaxy sequel is based on the largely positive response from the press to the movie's first screenings. AFP

Comic-Con. Game of Thrones cast additions revealed for Season 5

At Comic-Con this weekend, HBO created quite a stir by revealing the list of actors who will join the cast for season five of Game of Thrones. Nine new characters will be introduced in this fifth season, as indicated by author George R. R. Martin and by the show's producers David Benioff and D.B. Weiss.

Several of the new faces will inhabit the Kingdom of Dorne. Alexander Siddig (Star Trek: Deep Space Nine) plays Doran Martell, the current ruler of Dorne. Toby Sebastian will play his son Trystan Martell, who is engaged to be married to Myrcella Baratheon, played by Nell Tiger Free. DeObia Oparei, seen in Pirates of the Caribbean: On Stranger Tides, will play Areo Hotah, the captain of Doran Martell's palace guards. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Cara De-loving? Bieber not a-Justin well to Gomez's galpal

NED EHRBAR
Metro in Hollywood

Justin Bieber is apparently none too thrilled that on-again, off-again girlfriend Selena Gomez appears to be total BFFs with model Cara Delevingne, according to the Sun. "Justin has called Cara on more than one occasion, wanting to know what's going on. It's been clear that he's had a drink beforehand, too." I can understand Bieber's concern. Delevingne, you see, was most recently dating actress Michelle Rodriguez, and while the same source accusing Bieber of drunken, paranoid phone calls claims the relationship between Delevingne and Gomez is clearly platonic, Gomez did date Bieber for a long time. And anyone who's seen the website Lesbians Who Look Like Justin Bieber knows where I'm going with this.

Ashton Kutcher and Mila Kunis ALL PHOTOS GETTY IMAGES

That '70s wedding: Cast of show to play big part in Kunis-Kutcher nuptials

Fans waiting to see Ashton Kutcher and Mila Kunis walk down the aisle are going to have to sit tight for another 12 months, as the engaged expectant parents are reportedly looking at a July 2015 wedding date, according to Radar Online. "The wedding will be next July. They want to focus on their daughter first and having it next summer seems logical," a source says. "They won't have a big production but it will be elaborate. The wedding party will consist of the cast of That '70s Show as they are all very close. They still hang out with the original cast all the time. Most likely Danny Masterson will be the best man because him and Ashton are like brothers."

Did pop's reigning duo ditch West's wedding to stay cool?

Jay-Z and Beyoncé

New details are leaking out as to why Jay-Z and Beyoncé sat out pal Kanye West's recent wedding: Apparently they were too good for it. "Beyoncé wasn't going to allow (West's new bride) to socially climb her. They are guarding like hell their status," a source tells Page Six. "Jay didn't want Kanye with (the bride). He thinks it's bad for business. I think Jay lost a little respect for Kanye there." Advantage: Jay and Beyoncé.

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Bullock hits Cowboy Bar for half-century hoedown

Sandra Bullock

Sandra Bullock toasted her 50th birthday this past weekend with a lavish trip to Jackson Hole, Wyo., with Chelsea Handler and a group of other female friends, according to E! News. The group was spotted hitting the Million Dollar Cowboy Bar for a quick drink, though it didn't seem to be a rager, apparently. "There were probably six to 10 women in the group. It appeared to be a ladies night. They just came in to listen to the band," a source says. "It was pretty low-key. They all had one drink and were all dressed casually. Sandra looked radiant, beautiful and was very sweet. It looked like she was having a blast."

Madonna

Candy court: Madge may be in legal mess over exercise empire

That pesky Hard Candy lawsuit that Madonna tried to get thrown out completely? Well, not only is it going forward, but it looks like Madge herself may be forced to testify. "Prior to taking the deposition of Madonna Louise Ciccone, the plaintiff shall take the depositions of the three individuals who filed affidavits in this matter as to jurisdictional contacts with Florida to determine if those individuals have sufficient knowledge regarding jurisdictional matters. If the three individuals do not have sufficient knowledge as to jurisdictional matters, Ciccone may be subject to deposition," court documents obtained by TMZ state. The whole mess boils down to Madonna's decision to start a fitness apparel and DVD line called Hard Candy, named after her 2008 album and subsequent world tour. Except there's already a beauty company called Hard Candy, and it claims Madonna's is infringing on its copyright. This could get ugly.

What you don't know can hurt you

Skin cancer. Here is everything you don't know (but should!) about sun safety

MEREDITH ENGEL
life@metronews.ca

Applying sunscreen isn't enough when it comes to sun safety. ISOCK

You know to apply (and re-apply) sunscreen.

But what you don't know about sun protection could mean the difference between a summer on the beach and one on the operating table.

We asked experts to fill us in on the beyond-basic skin rules you need to know for protecting yourself this summer.

You need sunscreen every .... single ... day.

Yes, even when it's cloudy, raining, sleeting; you get the idea. The sun beams out UVA and UVB rays. The latter are the sun's most damaging rays during the summer months, in the middle of the day, says Dr. Neal Shultz, a New York City dermatologist. But it's the UVA rays that are "more plentiful and present all year long, and at all times of the day, and much more important in causing premature aging and causing skin cancer," he says.

Put your sunscreen on as the first layer of products you apply to your face. That means it goes under your makeup, ladies.

You're sweating off your sunscreen more than you think

You want to reapply after you go for a dip and after you get sweaty. But even if you're just lounging around, you still need to reapply every two to three hours "because there's something called insensible perspiration, which invisibly washes away the sunscreen," says Shultz. This is when your body doesn't realize it's sweating "because [the sweat's] evaporating before it collects on your skin." It's a necessary part of your skin's breathing process, but it makes the sunscreen you've got on obsolete.

You don't need SPF 100

You might think you're doing your body some extra good, but even a 15 provides almost 90 per cent coverage from the sun's rays (an SPF 30 provides more than 95 per cent coverage). But don't get too cosy, regardless of the number: "Whether the SPF is 15, 30 or 100, it needs to reapplied with the same frequency," Shultz says.

Boozing? You're more likely to burn

Nothing beats laying poolside with a cocktail, but when you're drinking, your skin is way more vulnerable to the sun. That's because alcohol dilates your blood vessels, meaning there's more red in your skin, and "the pinker the skin, the closer the blood cells are to the surface — and therefore, they absorb more damaging UV," Shultz says.

You can get skin cancer in spots that aren't exposed to the sun

Even if you're not sunbathing in the nude, you can still get skin cancer in your groin and anus (apologies for the visual).

Other weird places you can get it? Your mucus membranes, like inside your nose and mouth. Have a dentist check inside your mouth for splotches, recommends Dr. Sapna Patel, assistant professor of melanoma medical oncology at the University of Texas MD Anderson Cancer Center.

Breathe easy. Tips for asthma sufferers

Pollution, summer heat, and environmental elements like mould in a cottage or allergens in the air can all put additional stress on your respiratory system. For those with asthma, allergens can cause symptoms to flare up as lung airways become inflamed, filling with mucus and causing difficulty breathing.

Simple steps can help you take control of your condition and breathe more easily.

• Before any travel, make sure that you have an action plan developed with your doctor.

• Ensure that your asthma plan is updated with a description of medication changes and other actions to take if your asthma worsens unexpectedly.

• Pack your asthma medication and always take it as prescribed by your doctor. This means taking your maintenance medication everyday or as prescribed, even when you are symptom-free. NEWS CANADA

Taking simple steps like packing asthma medicine when going on vacation can help those who suffer from the condition enjoy their summer. ISTOCK

Invention

Personal Drink ID

It is a palm-size device that could save your life.

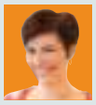
Known as pd.id (Personal Drink ID), the battery-operated gadget, when immersed in a beverage, will use its embedded technology to identify whether a drink has been tampered with.

Get involved in the production of pd.id by heading to indiegogo.com and donate to a cause much more worthy than potato salad. METRO

Score duck — and creativity points

Health Solutions

This fowl has a foul rap: Take a fresh look at duck breast



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Duck breast can offer variety to any restaurant menu or kitchen table.

For example, Chef Christopher Mark at Ste. Anne's Spa in Grafton, Ont., says that's exactly why he uses it on his menu.

The misperception that duck is a higher calorie meat than, say, chicken, is way overblown, he says. It is fattier but the fat renders easily and can be skimmed off before serving, thereby making them almost the same.

The richness of duck's flavour means that you can serve less and feel just as satisfied.

Roasting a whole duck is just as easy as roasting a chicken.

The only trick is to score the skin to let the fat drip out. Be sure to line your roasting pan and catch the drips.

Don't be tempted to add liquid to the pan to make a jus, it will sputter and spatter something awful.

Any Asian market worth its salt will be a brilliant supplier of duck. The price is usually lower per pound and whole ducks are plentiful.

Many grocers are now stocking just the duck breast and it may cost a little more but is a great way to introduce yourself to this tasty protein.

Serve something light and sweet on the side since duck pairs well with fruit, particularly intense fruits like citrus or cherries.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Herb-Marinated Duck Breast with Orange Reduction. An easy trick will help to get rid of some of its fat, making duck a unique choice

Duck has an unearned bad name for being difficult and fatty.

However, making shallow cuts in the duck breast — called scoring — helps the breast to release the fat during cooking.

It is the only trick you need to know. That's because this wee secret means you have another weeknight meat to serve.

A little goes a long way when serving duck and don't be afraid to serve it cooked to medium rather than well done like chicken.

This dish pairs well with roasted or mashed sweet potatoes.

In addition to marinating time, this recipe takes only 20 minutes.

This recipe serves four. THERESA ALBERT

Ingredients

Marinade
- 2 duck breasts (6-8 oz each)
- 2 sprigs fresh thyme, finely chopped
- 6 basil leaves, finely chopped
- 2 sprigs parsley, finely chopped
- 1 sprig rosemary, finely chopped
- 2 garlic cloves, minced
- Olive oil
- Salt/pepper to taste

Orange Reduction
- 1 cup honey
- 3 navel oranges (cut into quarters with skin on)
- 1 onion, peeled and diced
- 1 cup orange juice
- 1 bay leaf
- 10 peppercorns

1. Make very shallow slices through the skin of the duck breast. Mix all of the marinade ingredients together and let marinate overnight, in a bowl covered with plastic wrap in the fridge.

2. Bring honey to a boil and then add rest of ingredients. Mix together and let cook over medium-low heat for approximately 30 minutes. Strain.

3. Heat oven to 400 F. Add oil to the pan and place duck breasts in skin side down. Let sear for 2-3 minutes or until golden brown. Flip and place into a 400 F oven for 9 minutes. Remove from oven and let stand for 2 minutes to let the juices flow evenly throughout the breasts. Slice thinly into strips and drizzle with honey glaze. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY OF STE. ANNE'S SPA IN GRAFTON, ONT.

AUGMENTED REALITY

→ What the duck? Scan this photo using your Metro News app to follow along as Theresa Albert learns more about duck meat and how these birds are raised!

metro AR

→ See the full instructions on Metro's Voices page.

Heat transforms fruit and veg

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

We all know fire works wonders on meat and vegetables. But we often forget that it also can do amazing things for fruit.

To prove the point, here is a Grilled Tomatillo and Mango Salsa Over Blue Cheese Meatloaf Burger recipe that puts the heat to all of the above — meat, vegetables and fruit.

Start by making a grilled salsa built around tomatillos, mangos, red onion and Peppadew peppers. Then create a blue cheese-blended patty that is equal parts burger and meatloaf. It is the perfect base for the salsa.

The result is a moist, tender burger with tons of flavour in and on it.

If you can't find Peppadews, substitute jarred banana peppers for a similar tang without a lot of heat.

1. In a medium bowl, mix together the pork, chuck, egg, bread crumbs, blue cheese, mustard, scallions, thyme, 1 teaspoon of salt and 1/2 teaspoon of pepper. Divide into 6 portions, shape into patties and press an indent into the centre with your thumb. Set aside.

2. Heat the grill to high.

3. Arrange the tomatillos, mangos and red onion on a rimmed baking sheet and brush with olive oil. Sprinkle with salt and pepper.

4. Grill the tomatillos, mangoes and red onion until lightly charred and tender, 4 to 6 minutes. Allow to cool slightly, then dice. Mix together in a bowl along with the chopped peppers. Season with salt, pepper and hot sauce. Set aside.

5. Grill the burgers for 4 to 6 minutes per side, or to desired doneness. Serve on buns topped with the salsa.

THE ASSOCIATED PRESS

Ingredients

- 12 oz ground pork
- 12 oz ground chuck
- 1 egg, beaten
- 1/2 cup bread crumbs
- 1/2 cup crumbled blue cheese
- 1 tbsp Dijon mustard
- 2 scallions, chopped
- 2 tbsp chopped fresh thyme
- Kosher salt and ground black pepper
- 4 large tomatillos, halved
- Olive oil
- 2 mangoes, peeled, pitted and cut into spears
- 1 small red onion, cut into 1/4-inch-thick slices
- 1/4 cup chopped Peppadew peppers
- Hot sauce, to taste
- 6 large burger buns

'Sufficient evidence'

Messi again facing tax fraud charges

A Spanish judge has rejected a prosecutor's request to drop charges of tax fraud against Lionel Messi and ordered the investigation into three cases of suspected unpaid taxes to proceed.

A court statement says there is "sufficient evidence" to believe the Argentina player "could have known and consented" to the creation of a fictitious corporate structure to avoid paying taxes on income made from Messi's image rights. THE ASSOCIATED PRESS

NHL

Leafs sign former Ducks centre

The Toronto Maple Leafs signed centre Daniel Winnik to a one-year $1.3-million US contract on Monday.

The Toronto native had a career-high 30 points (six goals, 24 assists) and 23 penalty minutes in 76 games for the Anaheim Ducks last season. Winnik, 29, also had one assist and two penalty minutes in nine playoff games.
THE CANADIAN PRESS

CFL

Collaros placed on 6-game injured list

The Hamilton Tiger-Cats placed quarterback Zach Collaros on the six-game injured list Monday.

Collaros has been out with head and back injuries after taking a hard hit to the chin area from Edmonton Eskimos linebacker Odell Willis in a 28-24 loss on July 4. THE CANADIAN PRESS

Frizell lays down the hammer for gold and Games record

Sultana Frizell of Perth, Ont., broke the Commonwealth Games hammer-throw record three times en route to winning the gold medal on Monday. The 29-year-old's best throw of 71.97 metres claimed Canada's first track-and-field medal in the Glasgow, Scotland-hosted Games. Scan the image with the Metro News app for more on Monday's events, including the men's 100 metres. IAN WALTON/GETTY IMAGES

Donald Sterling loses bid to block Clips sale

NBA. Judge allows $2B team sale to ex-Microsoft CEO

A judge ruled against Los Angeles Clippers owner Donald Sterling on Monday in his attempt to block the $2-billion sale of the team to former Microsoft CEO Steve Ballmer.

In the tentative ruling, Superior Court Judge Michael Levanas sided with Sterling's estranged wife Shelly Sterling, who burst into tears when the ruling was announced.

"I can't believe it's over. I feel good," she said.

Shelly Sterling negotiated the sale of the team after the 80-year-old billionaire was banned by the NBA for making offensive remarks about black people.

She sought approval from a probate judge for the deal she struck after removing her husband from the trust that owned the team when doctors found he had signs of Alzheimer's disease and couldn't manage his affairs.

Donald Sterling claimed his wife deceived him about the medical exams.

He later revoked the trust after she negotiated the record-setting sales price and his lawyers argued that the move killed the deal. They said the case didn't belong in probate court because the trust had been dissolved.

The ruling in Los Angeles County Superior Court is unlikely to put an end to the bizarre saga that began in April when a recording surfaced of Sterling scolding his young girlfriend for bringing black men to Clippers games. The NBA moved quickly to ban Sterling for life and fined him $2.5 million.
THE ASSOCIATED PRESS

Focus of trial

The non-jury trial held over several weeks focused mainly on whether Shelly Sterling properly removed her husband as a trustee and whether her actions carried any weight after he revoked the trust.

Shelly Sterling following Monday's ruling. GETTY IMAGES

Jays return favour of merciless 14-1 beating

The Blue Jays' Melky Cabrera celebrates the first of his two home runs on Monday against the Red Sox in Boston. JARED WICKERHAM/GETTY IMAGES

Melky Cabrera homered from both sides of the plate and drove in five runs, R.A. Dickey pitched three-hit ball for seven innings and the Toronto Blue Jays romped past the Boston Red Sox 14-1 on Monday night.

The Blue Jays won for the sixth time in seven games, while the Red Sox lost one day after stopping a five-game slide that began in Toronto with three losses.

The one-sided affair came one week after the Red Sox routed the Blue Jays 14-1 in Toronto.

Cabrera homered into Boston's bullpen in right field after Jose Reyes led off the game with a walk. Cabrera made it 9-0 in a nine-run sixth with a three-run homer to left field, his 14th of the season.

Ryan Goins had four hits and four RBIs for Toronto.

Dickey (9-10) had a season-high 10 strikeouts, allowed a run and walked one as he won for the third time in 10 starts. But against the Red Sox he's 3-0 with 21 strikeouts and two walks this season.
THE ASSOCIATED PRESS

Jays trade for infielder

The Blue Jays traded right-hander Liam Hendriks and catcher Erik Kratz to the Kansas City Royals for infielder Danny Valencia.

- The 29-year-old Valencia hit .282 with two home runs and 11 RBIs in 36 games for Kansas City this season. He also has played for Minnesota, Boston and Baltimore.

4 SPORTS

'A toilet.' Rio's polluted bay gets its first test ahead of Olympic sailing races

Sailors, coaches and the mayor of Rio de Janeiro acknowledge the problem: Guanabara Bay, the venue for sailing at the 2016 Olympics, is badly polluted. Some liken it to a sewer.

The water is filthy after years of untreated waste being poured into the enclosed bay, a mess officials say will take at least a decade to fix.

But sail they will, starting Sunday with the first test event for Rio 2016. The weeklong regatta will feature all 10 Olympic classes, with 216 boats and 321 competitors from 34 nations.

Rio dumps almost 70 per cent of its untreated sewage into the surrounding waters. Cleaning the bay was part of the pitch to land the Olympics, with officials pledging to cut the flow by 80 per cent by 2016.

But Rio's state environment secretary, Carlos Francisco Portinho, has acknowledged the reduction will be only 50 per cent in the best-case scenario.

"At low tide, it smells like sewage water. It smells like a toilet," said Austrian sailor Nikolaus Resch, who finished fourth at the London Olympics in the 49er class with teammate Nico Delle Karth. THE ASSOCIATED PRESS

Boats float in Rio de Janeiro's Guanabara Bay, the venue for the 2016 Olympic races. Sailors and officials agree it's badly polluted. FELIPE DANA/THE ASSOCIATED PRESS

Travis Lulay passes during a warm-up before the B.C. Lions' game against the Winnipeg Blue Bombers on Friday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Lulay anxious to return to Lions

CFL. Quarterback returns to practice, but struggling B.C. will have to wait for stability under centre

Glenn's TD trend

"I try not to let (tough times) control how I proceed or how I function, in life or on the football field."

Kevin Glenn, who has struggled filling in for Travis Lulay in B.C.
Glenn has thrown 10 interceptions in 2014 — including two last weekend against the Blue Bombers — already exceeding his total of seven with Calgary last season.

Travis Lulay felt like a kid again Monday — at least for a little while.

The B.C. Lions quarterback, who is nearing the end of his stint on the six-game injured list, returned to practice for a few plays as his club prepared for their next game Saturday in Calgary against the unbeaten Stampeders.

"It was just fun to be able to practise again," said Lulay, who has been sidelined since the start of the season. "I've been watching for a long time. So the joke is that I've got fresh legs now."

The freshness of his shoulder, however, remains in question as he continues to recover from off-season surgery to repair a torn labrum. Lulay took part in a spring offensive minicamp, but the shoulder was not up to strength for training camp or the pre-season, and the Lions (2-3) placed him on the six-game injured list prior to their regular-season opener.

"It really is going to be depending on how the weeks go and stuff," he said. "This is still a progression for me. This is the first step into a live environment with moving parts and reading defences and all of that stuff."

Lulay was pleased with how the shoulder felt while he made short-range passes but he does not want to get ahead of himself in his recovery, which includes acupuncture along with stretching, strengthening and mobility exercises.

He is not eligible — or ready, according to coach Mike Benevides — to return for Saturday's contest but is now allowed to take part in practice under CFL rules covering the long-term injury list. THE CANADIAN PRESS

Basketball

Rose steps back onto hardwood

Derrick Rose says he feels old.

The 25-year-old point guard's rigorous play on Monday during the U.S. basketball team's first practice suggested otherwise.

Derrick Rose
GETTY IMAGES

"I was joking with Kyle Korver. I told him, 'I'm getting old, man. I've got to stretch, I've got to use rollers and stuff.' He looked at me kind of weird," Rose said, laughing. "But I feel a lot more mature. I've been preparing for this for a long time. I've dedicated my whole summer to this. I think I've sacrificed a lot for this moment."

Rose, the Chicago Bulls star who is coming off two knee injuries that kept him out for much of the last two seasons, said he played roughly nine minutes of the team's scrimmage and felt good. THE ASSOCIATED PRESS

NFL training camp

Tensions unusually low in Washington

The Washington Redskins are the team that gave us Michael Westbrook punching Stephen Davis, Dan Snyder landing his helicopter during practices, Albert Haynesworth turning the conditioning test into a sideshow and Mike Shanahan using the podium to remind everyone that he was Robert Griffin III's boss.

Having lived through some of that drama-a-day legacy, veteran guard Chris Chester has noticed something different about this year's training camp. When he speaks to reporters or hears from family and friends, he isn't having to fend off questions about some sort of tension within the organization.

"It's kind of nice, actually," Chester said. "You just want to play football, instead of worrying about things you have no control over." THE ASSOCIATED PRESS

Hugh Charles with the Roughriders in a game against the B.C. Lions in Regina on July 12. GETTY IMAGES FILE

Stamps sweep up RB Charles

The Calgary Stampeders signed running back Hugh Charles to their practice roster Monday.

Charles, in his seventh CFL season, was released by the Edmonton Eskimos at the end of training camp and played one game with the Saskatchewan Roughriders.

In 55 career games with Saskatchewan and Edmonton, Charles has rushed 401 times for 2,170 yards and 15 touchdowns. He also has 82 career receptions for 995 yards and five touchdowns and has returned 78 kickoffs for 1,718 yards.

"Hugh is a CFL veteran who over the years has demonstrated great ability as a runner, a receiver out of the backfield and a kick returner," Stampeders general manager John Hufnagel said in a release. "With our current injury situation, Hugh provides some very valuable depth for us at the running back and kick-returner positions."

Charles first joined the league as a free agent with Saskatchewan in 2008. He played 21 games with the Roughriders before being traded to Edmonton in October 2011. THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will get more out of being sociable today than by sitting at home. Someone you meet on your travels will open your mind to new ideas and new possibilities.

♉ Taurus
April 21 - May 21
If you want something enough, you will find a way to get it. If you have the courage to take a risk, you may hit the jackpot. Listen to your instincts — always.

♊ Gemini
May 22 - June 21
The closer you work with other people today, the more likely it is you will share in something that brings great benefits to everyone, both personal and professional.

♋ Cancer
June 22 - July 23
You need to find a place where you can be alone with your thoughts. The more you contemplate the meaning of life over the next few days the more life will bless you later.

♌ Leo
July 24 - Aug. 23
Life is getting faster and there will be no let-up over the next few days. One thing you won't be is bored. It will all be great fun, though.

♍ Virgo
Aug. 24 - Sept. 23
The changes that are taking place in your life are quite natural and should not be resisted. Everything is all right.

♎ Libra
Sept. 24 - Oct. 23
Have faith in your own ideas and don't be afraid to take a risk. Deep down, you know you're on the right track.

♏ Scorpio
Oct. 24 - Nov. 22
The planets make it easy for you to approach people in positions of power today. But your proposal must be well thought out. They won't be impressed if it is easy to pick holes in your plan.

♐ Sagittarius
Nov. 23 - Dec. 21
What can you do to make someone's life more exciting and fulfilling? Your kind words and good deeds will have a ripple effect, making you a force for positive change.

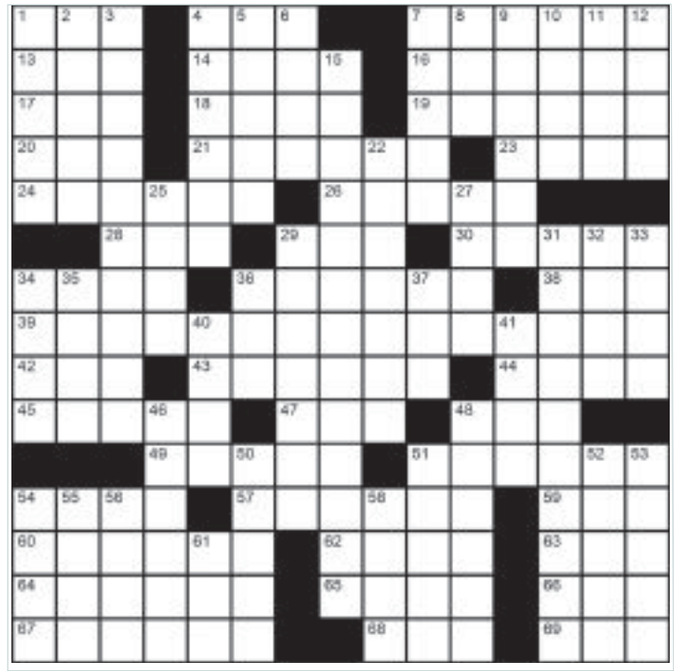
♑ Capricorn
Dec. 22 - Jan. 20
Something you are working on would benefit from a second opinion. You must listen to advice from those who have been there and done it before you.

♒ Aquarius
Jan. 21 - Feb. 19
It's OK to put your own interests first. It's good of you to want to help those in need but you have desires, too.

♓ Pisces
Feb. 20 - March 20
Let loved ones make their own decisions for a change. Too often, you have done everything for them. That's not good for you or them.

SALLY BROMPTON

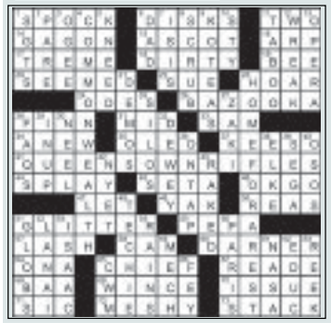
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Play-__
4. Texter's incidentally
7. Tooth __
13. Compass point
14. "__ it Memorex?"
16. "Austin Powers in Goldmember"
17. 'RCMP', e.g.
18. Running shoe brand
19. Spanish airline
20. Bar beverage
21. Portage Ave.'s Winnipeg partner: 2 wds.
23. Grease
24. Poseidon: 2 wds.
26. __ rug
28. Quickly write down
29. Arcade Fire singer Mr. Butler
30. Door parts
34. Busy as _ __
36. Chocolate store-bought treat: 2 wds.
38. Norse Myth: Underworld goddess
39. Paleontology: Dig excitement causer!: 2 wds.
42. Famed tomb king
43. Retro sci-fi Hollywood offering, _-__
44. Egyptian goddess
45. Mode
47. "_-_-_-d-y." (How Canadian actress Ms. Crewson spells her first name)
48. Scoundrel
49. Ms Macphail, Canada's first woman MP, in 1921
51. Atomic No. 16
54. Muscat is its capital
57. Actors Alan and Adam
59. Helios' 'H'
60. Aussie singer Ms Goodrem's
62. Eye part
63. Nero's 7
64. Refrain
65. Yep's opposite
66. Long ago
67. Compact
68. __ worth
69. Domicile [abbr.]

Down
1. "Lost in the Plot" by Montreal band The __
2. Timely way to deliver lines: 2 wds.
3. __ __ The Queen
4. Witty remark: 2 wds.
5. Group of three
6. Collaborative web-site name prefix
7. Gives off
8. Calligrapher's prop
9. __ & Davide (Makers of Queen Elizabeth's signature black patent leather shoes)
10. Ms. Sorvino
11. Mideast chieftain, variantly
12. Guide
15. Kim Cattrall's new dark comedy on HBO Canada: 2 wds.
22. Becomes really clear: 2 wds.
25. Leaves
27. __ sax
29. Guy like Tom Hanks in "Sleepless in Seattle" (1993)
31. The Band song that ends with "But just before she leaves, she receives.": 2 wds.
32. Brand of skin lotion
33. Rock star Mr. Stone's
34. Times to follow morns
35. Concerning, fun-style
36. Alphabet sequence
37. Expert
40. Elvis hit: "_ __ of You"
41. Scientist's solution holder
46. Canadian sugar brand
48. __ apple
50. Mean
51. Sharpshoot
52. Handy
53. Viking maneuvers
54. Un-evens
55. Encounter
56. First 'A' of aka
58. Cast-__ pan
61. Call for

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		2		7		8	
	2	3				7	5	
7								3
		4	5	6	9	8		
		2	7	8	4	5		
6								2
	1	5				9	4	
	7		9		3		6	

Yesterday's Sudoku

3	9	6	5	8	1	7	4	2
2	7	8	3	4	9	5	1	6
1	5	4	6	7	2	8	3	9
9	8	1	7	5	3	2	6	4
7	2	3	1	6	4	9	5	8
4	6	5	2	9	8	1	7	3
6	1	9	4	2	5	3	8	7
5	4	2	8	3	7	6	9	1
8	3	7	9	1	6	4	2	5

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The fact is, it doesn't matter what you choose. All beverage containers are recyclable, regardless of what's inside. So whether it's a bottle, can, carton or juice box, be sure to drop it in a blue bin after you're done.

Enjoy it.
Recycle it.